



SELF-HELP F.E.A.T.S. (Birth to Age 5)

F.E.A.T.S. - Family-friendly Evaluation And Teaching System™

AGE	1	2	3	4	5	6	7	8	9	10	11	1	13	14	15	16	17	18	19	20	21	22	23	2	25	26	27	28	29	30	31	32	33	34	35	3	37	38	39	40	41	42	43	44	45	46	47	4	49	50	51	52	53	54	55	56	57	58	59	5
RESPONSIBLE BEHAVIORS												Imitates adult actions (eg. wiping, "sweeping," etc.)	Gets/carries objects			Tries turning doorknobs			"Helps" with dusting/trash/etc.			Explores cabinets & drawers			Understands/Avoids danger			Helps put toys away			Knows proper place for some objects and toys			Cleans up spilled liquid			Practices safe procedures when riding in a car			Avoids hazards and common dangers																				
SELF-CARE & SLEEP	Naps frequently throughout the day											2-3 naps per day (up to 4 hours)			1-2 naps per day			Transition to one nap per day			May begin to eliminate nap			Helps with bathing self			Uses comb or brush to fix hair																																	
	Begins sleeping through the night (10-12 hours)											Sleeps 10-14 hours per night			Indicates wet/soiled diaper			Rubs hands to wash			Washes hands independently			Dries hands independently			Brushes teeth with help			Spits toothpaste out			Puts toothpaste on toothbrush			Helps dry body after a bath			Goes to and uses toilet independently			Seldom has accidents with bowel movements			Blows nose independently and throws tissue in trash															
DRESSING	Cooperates with dressing (extends arms and legs)											Removes hat			Places hat on head			Partially puts on shoes			Puts shoes on with help			Dresses self with help			Dresses with supervision			Puts shoes on correct feet			Snaps and unsnaps front snaps			Unbuttons front buttons			Dresses unsupervised (except for difficult fasteners)			Buckles belts or shoes			Attempts to tie shoes			Laces shoes			Unsnaps back snaps			Unzips back zipper						
FEEDING	Opens/closes mouth for food											Recognizes bottle			Anticipates food preparation			Drinks from cup with help			Holds & drinks from cup			Gives up bottle			Pours liquid from container			Uses fork			Drinks from a water fountain with help			Eats meal neatly			Uses butter knife for spreading			Holds fork with fingers																		
	Eats pureed food											Eats semi-solid food			Eats solid foods			Uses straw			Knows edible vs. nonedible			Independently feeds self with spoon without spilling			Eats meal neatly																																	
	Coordinated suck-swallow-breathing when feeding											Mouths solid food/toys			Finger feeds self			Turns & Mouths spoon			Rotary/Diagonal chewing pattern			Holds spoon with palm up																																				

